



RULES OF PLAY

U16 GIRLS

FIELD LACROSSE

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1. AGE GROUP

All players must be under 16 years of age on the 1st of May of the year of competition.

Eligibility exceptions to this will be in accordance with the Competition Rules and the LV Junior Age Exemption Policy. Applications must be made in writing with all supporting documentation and submitted to LV for a final decision.

Age Group	School Years	Oldest Birth Date	D.O.B Range
U16	9 & 10	01/05/2007	01/05/2007 – 30/04/2009

Age Exemption Policy

If a player is older than the typical range of their school year level, the player can apply to Lacrosse Victoria for an exemption based on their school year level. This would be capped at 12 months older than the standard oldest age.

If a player is younger than the typical range of their school year level, they can play in the older age bracket at their will.

[LV Junior Age Exemption Form](#)

2. TEAMS

A team may consist of up to 16 players with no fewer than eight (8) and no greater than ten (10) players on the field at any one time. Players may be designated as follows:

- Defence players
- Midfield players
- Attack players
- Goalkeeper

Teams may have more than 16 players during home and away matches but in finals will be limited to 16 players for each team.

Any team with fewer than eight (8) on field players, 5 minutes after the commencement time of the game shall forfeit the game as a walkover.

A team with less than the minimum number of players can be supported by the opposing team 'sharing' players if both coaches agree. In the spirit of junior development and participation, it is also recommended that the number of players from each team on the field at any one time be the same. Although this is not mandatory, it encourages an evenness of competition and fair play.

Each player will wear the teams' uniform, noting modifications permitted by the [LV Flexible Uniform Policy](#), consisting of shirts or jumpers numbered front and back, shorts/skirt and socks. The goalkeeper may wear tracksuit pants. Please refer to Lacrosse Victoria's Flexible Uniform Policy for further breakdown of the modifications allowed

3. GAME DURATION

The duration of the game will be a maximum of 48 minutes, consisting of four (4) periods of 12 minutes each. There will be a three (3) minute break after the 1ST and 3RD periods, and a five (5) minute break at half-time (the end of the 2ND period).

Stop clock is to be applied for the last 30 seconds of each quarter, including finals.

4. TEAM TIME OUTS

Each team will be allowed two time-outs of 90 seconds each which may be used at any point during the game. Time outs during sudden victory play in finals will be allowed in compliance with the senior rules.

5. TIED GAME

Sudden victory procedures do not apply for regular competition matches but do apply in any finals match.

6. EQUIPMENT

Crosse

The Crosse must be a standard approved women's field Crosse.

Ball

The ball used will be a standard solid rubber women's field ball.

Mouthguard

MOUTHGUARDS MUST BE WORN BY ALL PLAYERS

Protective Eyewear

Approved protective eye guards (goggles) **MUST** be worn by all players except for the goalkeeper and protective headgear is permitted. Any eye guards or headgear worn must be in accordance with LV requirements on their manufacture standards.

Jewellery

Players must not wear earrings, necklaces, bracelets, watches or soft jewellery on the field. Medical jewellery with information visible and rings must be taped securely to the player or removed. Flat hair clips are permitted. Small studs, earrings or piercings may be worn If taped over to cover them adequately to the satisfaction of the umpire before and during the game. This allowance is for piercings that may not be easily removed (such as surgically inserted), and they must be easily taped over to ensure they are covered.

Goalkeeper

The goalkeeper must wear the following: an approved helmet with a throat guard, gloves and chest pad. The game shall not start until the match official is satisfied that the goalkeeper is adequately protected. The designated goalkeeper only may use a regular goalkeeper's Crosse or an approved field stick.

The goalkeepers Crosse used shall be in accordance with the senior rules, but common sense should prevail by having the crosse length appropriate for the player's size.

Uniform – Flexible Policy

Wherever possible our clubs will consider flexibility in uniforms to encourage the participation of women and girls.

This may include, but is not restricted to:

- Less restrictive, body-hugging attire
- The wearing of traditional head scarf or turban
- The wearing of leggings or tracksuits to cover legs
- The wearing of long sleeve top to cover arms
- The wearing of shorts in replacement of skirts

It is a requirement that headscarves be tied but are not to be fastened with any pins or sharp objects. Colours of headscarves or other garments must be black or in accordance with or resemble the official colours of Lacrosse Victoria or the member's Club.

[LV Flexible Uniform Policy](#)

7. SELF-START

Following a whistle for a major or minor foul outside the 11m Advantage Flag area, the player who is awarded the free position may continue to play when both their feet are stationary on the ground and the ball is in their Crosse, without waiting for an additional whistle.

The offending player must immediately move 4m behind for the major foul, or 4m away to the side for the minor foul to the player taking the free position indicated by the umpire. Any other player/s within 4m must move 4m away from the foul indicated by the umpire. All other players may move.

The player who has been awarded the free position may self-start following the umpire's signal of the foul and the umpire's awarding the free position.

The option to self-start is administered at the spot of the foul. However, if the ball is within playing distance (a stick and a half-length away approx. 2m) from the player who is awarded the free position she may pick up the ball and self-start.

8. FAIR PLAY RULE

To increase evenness and improve developmental opportunities for both teams, a fair play rule will be enforced.

When one team has a lead of 7 or more goals there will be no centre draw after a goal is scored. After a goal is scored by either team, the play will restart with the losing team in possession at the centre and the leading team's players starting behind their defensive restraining line. Play commences on the whistle and the player with the ball may run or pass in any direction. Once a pass is made or the offensive team has crossed the defensive team's restraining line, the ball is then 'free' and defensive players are able to match up against their opposing players.

Quarters will begin with a centre draw in line with regular rules irrespective of the score differential.

9. PENALTIES

A player receiving yellow/red cards, or a straight red card must:

- Leave the field of play. Player may remain in their team bench area
- The team must play with one less player below/goal side of the restraining lines for five (5) minutes for the yellow/red cards and 10 minutes for a straight red card.

- Once play resumes, any eligible player may substitute as long as the offending team plays with one less player on the field for the duration of the five (5) or 10-minute penalty.

10. ALL OTHER RULES

Gender Dispensation Permits

If a junior wants to play in a gendered competition that does not align with their gender identity this permit must be completed and submitted to LV for approval by a parent/guardian. Participation shall be allowed provided they are eligible under Rule 11.8 of the [LV Competition Rules](#) and have an approved permit from LV prior to the commencement of the game.

[LV Gender Dispensation Form](#)

Playing in Senior Competition

Both Girl's and Boy's for the U16 competition are ineligible to play in a Senior Competition unless the appropriate 'U16 Playing Senior Grade' permit has been completed by a parent/guardian then received and approved by LV.

[LV U16 Playing in Senior Grade](#)

All other rules are the same as those applicable to senior lacrosse. Please refer to the rulebook.